

***How can I help?***

Take your trash home with you. Use the brown paper bags located at the entrance to beaches and hiking trails throughout the Sandy Hook.

***Why should I do this?***

This will reduce the trash left in the marine environment and better preserve it for future generations to enjoy.

***What else can I do?***

Reduce what you bring with you to the park. Take re-usable dishes, cups and utensils and then take them home.

The success of  
Carry In/Carry Out  
depends on our  
visitors.

Thank you for  
helping to keep  
Sandy Hook clean.



For more information, contact:  
Sandy Hook  
Gateway National Recreation Area  
P.O. Box 530  
Fort Hancock, NJ 07732  
732-872-5970  
web site: [www.nps.gov/gate](http://www.nps.gov/gate)

**Please  
Help Protect  
Your Park**



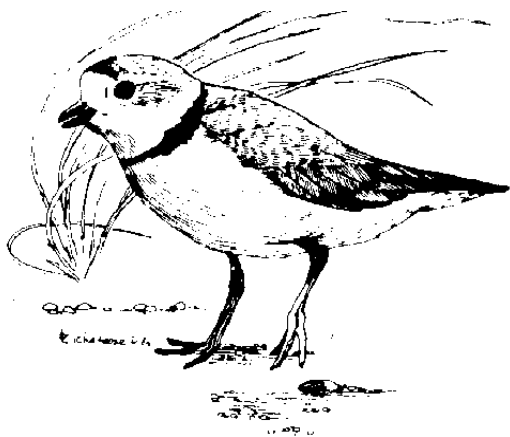
**Take Your Trash  
Home With You**

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**Thanks For  
Your Cooperation**

**Carry In/Carry Out**  
is designed to reduce  
the amount of trash on  
Sandy Hook.

Park visitors are  
responsible for taking  
their trash home with  
them when they leave.



## **Carry In/Carry Out:**

-  Eliminates unsightly trash on the beach.
-  Prevents the unpleasant odor associated with discarded trash.
-  Reduces plastics in the marine environment.
-  Helps park wildlife by reducing their dependency on trash as a food source.



**Carry in/Carry Out**  
is a way for visitors to  
help preserve and  
protect Sandy Hook's  
natural resources and  
help maintain a clean  
marine environment.